THE ENGLISHMANS DOCTOR.

OR,

The Schoole of Salerne.

OR,

Physicall obseruations for the perfect *Preserving of the body of Man in* continuall health.

London
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BRITISH
MUSEUM

THE PRINTER TO the Reader.

READER, *the care that I haue of thy health, appeares in bestowing these Phisicall rules vpon thee: neither needest thou bee ashamed to take Lessons out of this schoole, for our best Doctors scorne not to reade the instructions. It is a little* Academi, *where euery man may be a Graduate, and proceed Doctor in the ordering of his owne body. It is a Garden, where all thinges growe that are necessarie for thy health. This medicinable Tree grewe first in* Salerne, *from thence it was remoued and hath borne both fruite and blossomes a long time in England. It is now replanted in a wholsome ground, and newe earth cast about it, by the hand of a cunning Gar-*

diner, to keepe it ſtill in flouriſhing. Much good husbandry is beſtowed vpon it: yet whatſoeuer the coſt be, thou reapeſt the ſweetneſſe of it for a ſmall value. It came to me by chance as a Iewell that is found, whereof notwithſtanding I am not couetous, but part the Treaſure amongſt my countrymen. The author of the paines, is to mee vnknowne, and I put this child of his into the open world without his conſent: bring it vp therefore well I beſeech thee, and hope (as I do) that hee will not be angry, finding this a traueller abroad, when by his trauel, ſo many of his owne country are ſo manifoldly benefited.

Farewell.

Ad Librum.

GO booke, and (like a Marchant) new ariu'd,
Tel in how ſtrange a traffick thou haſt thriu'd
Vpon the Country which the Sea-god ſaues,
And loues ſo dere, he bindes it round with waues:
Caſt Anchor thou, and impoſt pay to him
VVhoſe Swans vpon the breſt of *ISIS* ſwim?
But to the people that do loue to buy,
(Jt skils not for how much) each Nouelty,
Proclaime an open Mart, and ſell good cheape,
What thou by trauell and much coſt doſt reape,
Bid the Gay Courtier, and coy-Ladie come,
The Lawyer, Townſman, & the country-groom,
Tis ware for all: yet thus much let them know,
there are no drugs here fetcht from *Mexico*.
Nor gold from *India*, nor that ſtinking ſmoake,
VVhich Engliſh gallants buy, themſelues to choak
Nor Silkes of *Turkie*, nor of *Barbery*,
thoſe luſcious *Canes*, where our rich *Sugars* lie:
Nor thoſe hot drinks that make our wits to dance

the

Ad Librum.

The wilde *Canaries*: nor thoſe Grapes of *France*,
which make vs clip our Engliſh nor thoſe wares
Of fertile *Belgia*, whoſe wombe compares
With all the world for fruit, tho now with ſcarres
Her body be all ore defac't by warres:
Go, tel them what thou bringſt, exceeds the welth,
Of all theſe Contries, for thou bringſt them health.

In Librum.

VVIt, learning, Order, Elegance of Phraſe,
Helth, and the Art to lengthen out our dayes,
Philoſophie, Phiſicke, and Poeſie,
And that skill vvhich death loues not, (Surgery).
Walkes to refreſh vs, Ayres moſt ſvveet and cleare,
A thriftie Table, and the wholſom'ſt cheare.
All ſorts of graine, all ſorts of Fleſh of Fiſh,
Of foule, and (laſt of all) of fruits a ſeuerall diſh:
Good Breakefaſts, Dinners, Suppers, after-meales,
The hearb for Sallads, and the hearb that heales.
Phiſitions Counſel, Pothecaries pils,
(VVithout the ſumming vp of coſtlie bils.
Wines that the braine ſhall nere intoxicate,
Strong Ale and Beere at a more eaſie rate,
Than Water from the Fountaine: cloths (not deere)
For the foure ſeuerall quarters of the yeere.
Meats both for Proteſtant and Puritan,
with meanes ſufficient to maintaine a man.
If all theſe things thou wanſt no further looke,
All this and more then this, lies in this booke.

Anonimus

In Laudem Operis.

THe Gods vpon a time in counſell ſitting,
(To rule the world) what Creature was moſt fitting
At length from God to God this ſentence ran,
To forme a creature like themſelues (cald man,)
Being made, the world was giuen him, (built ſo rarely,)
No workeman can come neere it: hung ſo fairely,
That the Gods viewing it, were ouer-ioyed,
Yet grieu'd that it ſhould one daie be deſtroyed.
Gardens had Man to walke in, ſet with trees
That ſtill were bearing: But (neglecting theſe)
He long'd for fruites vnlawfull, fell to riots,
Waſted his godlie body by ill dyets,
Spent (what was left him) like a prodigall heyre,
And had of earth, of hell, or heauen no care,
For which the earth was curſt, and brought forth weeds
Poyſon euen lurking in our faireſt ſeeds,
Halfe heauen was hid, and did in darknes mourn,
Whilſt hell kept fires continual, that ſhould burne
His verie ſoule, if ſtill it went awrie,
And giue it torments that ſhould neuer die,
Yet loe; How bleſt is man? the Deities,
Built vp this Schoole of Health, *to make him wiſe.*

THe *Salerne Schoole* doth by theſe lines impart,
All health to *Englands King*, and doth aduiſe
From care his head to keepe, from wrath his hart.
Drinke not much wine, ſup light, and ſoone ariſe,
When meat is gone long ſitting breedeth ſmart:
And afternoone ſtill waking keepe your eies.
When mou'd you find your ſelfe to *Natures Needs*,
Forbeare them not, for that much danger breeds.
Vſe three Phyſitians ſtill, firſt, Doctor *Quiet*,
Next Doctor *Merri-man*, and Doctor *Dyet*.

Riſe early in the morne, and ſtraight remember
With water cold to waſh your hands and Eyes,
In gentle faſhion retching euery member,
And to refreſh your braine when as you riſe,
Jn heat, in cold, in *July*, and *December*,
Both comb your head, & rub your teeth likewiſe:
Jf bled you haue, keep coole, if bath'd keep warm,
If din'd, to ſtand or walke will do no harme.
3. things preſerue ꝑ ſight, *Glaſſe Graſſe, & Foũtains*,
at Eue'n ſprings, at morning viſit mountaines.

If

If *R.* be in the month, their iudgements erre,
That thinke that ſleepe in afternoone is good,
If *R.* be not therein, ſome men there are,
That thinke a little nap breeds no ill blood:
But if you ſhall heerein exceed too farre,
It hurts your health it cannot be withſtood:
Long ſleepe at afternoones by ſtirring ſumes,
Breeds *Slouth, and Agewes, Aking heads & Rheums:*
The moyſture bred in Breaſt in lawes and Noſe,
Are cald Catars, or Tyſique, or the Poſe.

Greate harms haue growne, & Maladies exceeding,
By keeping in a little blaſt of wind,
So *Cramps*, & *Dropſies*, *Collicks* haue their breeding,
And *Mazed Braines* for want of vent behind.
Beſides we finde in ſtories worth the reading,
A certain *Romaine Emperor* was ſo kind,
Claudius by name, he made a Proclamation,
A *Scape* to be no loſſe of reputation.
Great ſuppers do the ſtomacke much offend,
Sup light if quiet you to ſleepe intend.

To keepe good dyet, you ſhould neuer feed,
Vntill you finde your ſtomacke cleane and void,
Of former eaten meats, for they do breed
Repletion, and will cauſe you ſoone be cloid,
None other rule but appetite ſhould neede, (voide
VVhen from your mouth a moiſture cleare doeth
All *Peares and Apples, Peaches, Milke, & Cheeſe,*
Salt meats, red Deere, Hare, Beefe, and Goat: al theſe
Are meates that breed ill blood, and Melancholy,
Jf ſicke you be, to feed on them were folly.

Egges newly laid, are nutritiue to eat,
And roſted Reare are eaſie to digeſt,
¶ Freſh *Gaſcoigne* wine is good to drink with meat
Broth ſtrengthens nature aboue all the reſt,
But broath prepar'd with flowre of fineſt wheat,
VVell boyld, and full of fat for ſuch are beſt.
¶ The *Prieſts* rule is (a *Prieſts* rule ſhould be true,)
Thoſe Egges are beſt, are long, and white, & new,
Remember eating new laid Egges and ſoft,
For euery Egge you eate you drink as oft,

Fine

Fine *Manchet* feeds to fat, *Milke* fills the vaines,
New Cheese doth nourish, so doth flesh of Swine,
The Dowcets of some beasts, the marrow, braines,
And all sweet-tasting-flesh, and pleasant wine,
Soft Egges (a cleanly dish in house of *S*wains)
Ripe Figs and Raysins, late come from the Vine:
Chuse wine you meane shall serue you all the year,
Well-sauour'd, tasting well, and colourd cleere.
Fiue qualities there are, wines prayse aduancing,
Strong, Beautifull, and Fragrant, coole, and dancing.

White *Muskadell* and Candy wine, and Greeke,
Do make mens wits and bodies grosse and fat:
Red wine doth make the voyce oft time to seeke,
And hath a binding quality to that,
Canary and *Madera*, both are like
To make one leane indeede, (but wot you what)
VVho say they make one lean wold make one laffe
They meane, they make one leane vpon a staffe,
Wine, women, Baths, by Art or Nature warme,
Vs'd or abus'd, do men much good or harme,

Six things that here in order ſhall inſue,
Againſt all poyſons haue a ſecret powre,
Peares, Garlick, Reddiſh-roots, Nuts, Rape, & Rew,
But *Garlicke* cheeſe, for they that it deuour,
May drink, and care not who their drink do brew
May walke in ayres infected euery houre:
Sith *Garlicke* then hath powre to ſaue from death,
Beare with it though it make vnſauory breath:
And ſcorne not Garlicke like to ſome that thinke
It onely makes men winke, and drinke, and ſtinke.

Though all ill ſauours do not breed infection,
Yet ſure infection commeth moſt by ſmelling,
VVho ſmelleth ſtill perfumed, his complexion
Is not perfum'd by Poet *Martials* telling,
Yet for your lodging roomes giue this direction,
In houſes where you mind to make your dwelling,
That nere the ſame there be no euill ſents
Of Puddle-waters, or of excrements.
Let ayre be cleare and light, & free from faultes,
That come of ſecret paſſages and vaults,

If wine haue ouer night a ſurfet brought,
A thing we wiſh to you ſhould happen ſeeld:
Then early in the morning drinke a draught,
And that a kinde of remedy ſhall yeeld.
But gainſt all ſurfets vertues ſchoole hath taught,
To make the giſte of temperance a ſhield:
The better wines, do breede the better humours,
The worſe, are cauſes of vnwholeſome tumors:
In meaſure drinke, let wine be ripe not thick,
But cleer and well alaid, and freſh, and quicke.

The like aduice we giue you for your Beere,
VVe will it be not ſoure, and yet be ſtale.
VVell boyld, of harty graine, and old and cleare,
Nor drink too much, nor let it bee too ſtale:
And as there be foure ſeaſons in the yeare,
In each a ſeuerall order keep you ſhall.
In *Spring* your dinner muſt not much exceed,
In *Summers* heat, but little meate ſhall need:
In *Autumne*, ware you eate not too much fruit,
VVith *Winters* cold, full meals do fi.teſt ſute.

If

If in your drinke you mingle Rew with *Sage*,
All poyſon is expeld by power of thoſe,
And if you would withall luſts heat aſſwage,
Adde to them two the gentle-floure of Roſe:
¶ Who would not be *Sea*-ſick when ſeas do rage,
Sage-water drinke with wine before he goes.
¶ *Salt, Garlicke, Parſlie, Pepper, Sage, and Wine,*
Make ſawces for all meats both courſe and fine,
Of waſhing of your hands much good doeth ryſe,
Tis wholſome, cleanly, and releeues your eyes.

Eate not your bread too ſtale, nor eat it hot,
A little Leuend, hollow-bak't and light:
Not freſh, of pureſt grain that can be got,
The cruſt breeds choller both of browne & white,
Yet let it be well bak't or eat it not,
How ere your taſt therein may take delight.
¶ *Porke* without wine is not ſo good to eate,
As *Sheepe* with wine, it medicine is and meate,
Tho Intrailes of a beaſt be not the beſt,
Yet are ſome intrayles better then the reſt.

Some loue to drinke new wine not fully fin'd,
But for your health we wiſh that you drink none,
For ſuch to dangerous Fluxes are enclin'd,
Beſides, the Lees of wine doth breed the ſtone.
Some to drinke only water are aſſign'd:
But ſuch by our conſent ſhall drinke alone,
For water and ſmall beere we make no queſtion,
Are enemies to health and good digeſtion:
And *Horace* in a verſe of his rehearſes,
That *Water-drinkers* neuer made good verſes.

The choyſe of meats to health doth much auayle,
Firſt Veale is holſom meat, & breeds good bloud,
So Capon, Hen, and Chicken, Partridge, Quaile,
The Pheſant, woodcock, Lark & Thruſh be good,
The Heath-cock wholſome is, the Doue, the Raile,
And all that do not much delight in mud, (you,
Fair Swans, ſuch loue your beuties make me beare
That in the diſh I eaſily could forbeare you,
Good ſport it is to ſee a *Mallard* kild,
But with their fleſh your fleſh ſhould not be fild.

As

As choice you make of Fowle, ſo make of Fiſh,
Jf ſo that kind be ſoft, the great be beſt,
If firme, then ſmall, and many in a diſh:
I need not name, all kinds are in requeſt.
Pike, *Trowt*, and *Pearch*, from water freſh I wiſh,
From *Sea*. *Bace*, *Mullet*, *Brean*, & *Soules* are beſt:
The *Pyke* a rauening Tyrant is in water,
yet he on land yeelds good Fiſh near the later,
If *Eeles* and *Cheeſe* you eat, they make you hoarſe
But drink apace thereto, and then no force.

Some loues at meales to drink ſmal draughts & oft
But fancie may heerein, and cuſtome guid,
Jf Egges you eat they muſt be new and ſoft,
In peaze good qualities, and bad are tryed,
To take them with the skin that growes aloft,
They windie be, but good without their hide,
Jn great conſumptions learn'd Phiſitians thinke,
Tis good a *Goat* or *Camels* milke to drinke,
Cowes-milke and *Sheeps* do well, but yet an Aſſes,
Js beſt of all, and all the other paſſes.

Milke is for *Agues* and for *Headache* naught,
Yet if from Agues fit you feele you free,
Sweet-butter wholesome is as some haue taught,
To cleanse and purge some paines that inward bee:
¶ *Whay* though it be contemn'd, yet it is thought,
To scoure, and cleanse, and purge in due degree:
¶ For healthy men may cheese be holesome food,
But for the weake and sickly tis not good,
Cheese is an heauie meate grosse and cold,
And breedeth Costiuenesse both new and old.

(tions,
Cheese makes complaint that men on wrong suspi-
Do slander it, and say it doth such harme,
That they conceale his many good conditions,
How oft it helps a stomack cold to warme,
How fasting tis prescrib'd by some Phisitions,
To those to whom the flux doth giue alarm;
VVe see the better sort thereof doth eate,
to make as twere a period of their meat.
the poorer sort when other meate is scant,
for hunger eate it to releeue their want.

Al-

Although you may drinke often while you dine,
Yet after dinner touch not once the cup,
I know that some Physitions do assigne
To take some liquor straight before they sup:
But whether this be meant by Broth or wine,
A controuersie, t'is not yet tane vp:
To close your stomack well, this order suites,
Cheese after Flesh, *Nuts* after Fish or Fruits.
Yet some haue saide, (beleeue them as you will)
One *Nut* doth good, two hurt, the third doth kill.

Some *Nut*, gainst poison is preseruatiue,
Peares wanting wine, are poyson from the tree,
But bak't Peares counted are restoratiue,
Raw-peares a poyson, Bak't a Medicine be:
Bak't peares, a VVeak-dead-stomacke do reuiue,
Raw-peares are heauy to disgest we see,
Drinke after peares, take after Apples order
To haue a place to purge your selfe of ordure.
Ripe *Cherries* breed good bloud, & help the stone,
If *Cherry* you do eate, and *Cherrie*-stone.

Coole *Damſens* are, and good for helth by reaſon
They make your intrailes ſoluble and ſlacke,
Let *Peaches* ſteepe in wine of neweſt ſeaſon,
Nuts hurt their teeth, that with their teeth they
VVith euery *Nut* tis good to eat a *Reaſon*, (crack
For though they hurt the *ſpleen* they help the back
A plaiſter made of Figges by ſome mens telling,
Is good againſt all kirnels, boyles, and ſwelling,
With *Poppy* ioyn'd, it drawes out bones are broken
By *Figs* are lice ingendred, Luſt prouoken.

Eat *Medlers* if you haue a looſeneſs gotten,
They bind, and yet your vrine they augment,
They haue one name more fit to be forgotten,
VVhile hard and ſound they be they be not ſpent,
Good *Medlers* are not ripe till ſeeming rotten.
For medling much with *Medlers* ſome are ſhent.
New *Rhenniſh-wine* ſtirs vrine, doeth not binde
But rather looſe the Belly, breeding wind,
Ale, humors breeds, it addes both fleſh & force,
tis looſing, coole, and vrine doth inforce.

Sharp

Sharpe Vinegar doth coole, withall it dries,
And giues to ſome ill humor good correction:
It makes one melancholy, hurts their eyes,
Not making fat, nor mending their complexion:
It leſſens *ſperm*, makes appetite to riſe,
Both taſt and ſent is good againſt infection.
¶ The *Turnep* hurts the ſtomack, wind it breedeth,
Stirs vrine, hurts his teeth thereon that feedeth:
VVho much thereof wil feed, may wiſh our nation
VVould well allow of *Claudius* proclamation.

It followes now what part of euery beaſt
Is beſt to eat: firſt, know the Hart is ill,
It is both hard, and heauy to diſgeſt,
The *Tripe*, with no good iuice our fleſh doth fill:
The Lites are light, yet but in ſmall requeſt:
But outer parts are beſt in phyſicks ſkill.
¶ If any braines be good, (which is a queſtion)
Hens brayne is beſt, and lighteſt of diſgeſtion:
¶ In *Fennell ſeed* this vertue you ſhall find,
Forth of your lower parts to driue the wind,

Of

Of *Fennell* vertues foure they do recite,
Firſt, it hath power ſome poiſons to expell,
Next burning Agues it will put to flight,
The ſtomacke it doth cleanſe, and comfort well:
And fourthly it doth keepe and cleanſe the ſighte,
And thus the Seede and Hearbe doth both excell.
Yet for the two laſt told; if any ſeede
With *Fennell* may compare, tis *Annis-ſeed:*
Some *Annyſeeds* be ſweet, and ſome more bitter,
For pleaſure theſe, for medicine thoſe are fitter.

Dame Natures reaſon, far ſurmountes our reading,
VVe feele effects, the cauſes oft vnknown, (ding,
who knows the cauſe why *Spodium* ſtãcheth blee-
(*Spodium* but aſhes of an Oxes bone.)
We learne heerein to prayſe his power exceeding,
That vertue gaue to wood, to herbes, to ſtone,
The Liuer, *Spodium: Mace* the heart delightes,
The braine likes *Muske* and *Lycoras* the Lites,
The ſpleen is thought much cõforted with *Capers*
Jn ſtomacke, *Gallingale* alwayes ill vapors.

Sauce

Sauce would be ſet with meat vpon the table,
Salt is good ſauce, and had with greate facility:
Salt makes vnſauory vyands manducable,
To driue ſome poyſons out, Salt hath ability,
Yet things too ſalt are nere commendable;
They hurt the ſight, in nature cauſe debility,
the ſcab and itch on them are euer breeding,
the which on meates too ſalt, are often feeding:
Salt ſhould bee firſt remoou'd and firſt ſet downe,
At table of the Knight, and of the Clowne.

As taſtes are diuers, ſo phyſitions hold
they haue as ſundry qualities and power,
Some burning are, ſome temperate, ſome colde,
Cold are theſe three: the *Tart*, the *Sharpe*, the *ſour*:
*S*alt, bitter, biting, burne as hath bin told,
*S*weet, fat, and freſh, are temperate euery houre.
¶ Four ſpeciall vertues hath a ſop in wine,
It maketh the teeth white, it cleares the eyne,
It addes vnto an empty ſtomacke fulnes,
And from a ſtomacke fil'd, it takes the dulnes.

If

If to an vſe you haue your ſelfe betaken,
Of any diet, make no ſudden change,
A cuſtome is not eaſily forſaken,
yea though it better were, yet ſeemes it ſtraunge,
Long vſe is as a ſecond nature taken.
VVith nature cuſtome walkes in equall range.
¶ Good dyet is a perfect way of curing,
And worthy much regard and health aſſuring,
A King that cannot rule him in his dyet,
VVill hardly rule his Realme in peace and quiet.

They that in phyſicke will preſcribe you foode,
Six things muſt note we here in order touch,
Firſt, *what it is*, and then, *for what tis good*,
And *when*, and where; *How often*, and *how much*,
VVho note not this, it cannot be withſtood,
they hurt, not heale, yet are too many ſuch.
¶ *Coleworts* broth doth looſe, the ſubſtance bind,
thus play they faſt and looſe, and all behind;
But yet if at one time you take them both,
the ſubſtance ſhall giue place vnto the broth.

In

In Phiſick *Mallowes* hath much reputation,
the very name of *Mellow* ſeemes to found,
the roote thereof will giue a kind purgation,
By them both men and women good haue found.
to womens monthly flowers they giue laxation,
they make men ſoluble that haue been bounde,
And leaſt wee ſeeme in Mallowes praiſes partiall,
Long ſince hath *Horace* praiſed them and *Martial*
¶ The worms that gnaws the womb & neuer ſtint
Are kil'd, and purg'd, & driuē away with *Mint*.

But who can write thy worth (ô ſoueraigne *ſage*)
Some ask how men can die, where thou doſt grow
Oh that there were a Medicine curing age,
Death comes at laſt, tho death come nere ſo ſlowe:
ſage ſtrengths the ſinews, *Feauers* heat doth ſwage,
the Palſie helpes, and rids of mickle woe,
In Latine (*Saluia*) takes the name of ſafety,
In Engliſh (*Sage*) is rather wiſe then crafty:
Sith then the name be tokens wiſe, and ſauing,
VVe count it natures frind, and worth the hauing.

take

Take *ſage*, and *Primroſe*, *Lauender*, and *Creſſes*,
With *Walwort* that doth grow twixt lime & ſtone
For he that of theſe hearbes the iuice expreſſes,
And mix with powder of a *Caſtor-ſtone*,
May breed their eaſe whom Palſy much oppreſſes
Or if this breede not helpe, then looke for none.
¶ *Rew* is a noble hearbe to giue it right,
To chew it faſting it will purge the ſight,
One quality thereof yet blame I muſt,
Jt makes men chaſt, and women fils with luſt.

Fayre Ladyes if theſe Phiſicke rules be true,
That *Rew* hath ſuch ſtrange qnalities as theſe,
Eat little *Rew*, leaſt your good husbands [R E W]
And breede between you both a ſhrowd diſeaſe.
Rew, whets the wit, and more to pleaſure you,
Jn water boyl'd, it rids a roome of fleas.
I would not to you Ladies, *Onions* praiſe,
Saue that they make one fayre (*Æſculapius* ſaies).
yet taking them requires ſome good direction,
They are not good alike for each complection.

If

If vnto *Choller* men be much inclind,
Tis thought that *Onyons* are not good for thoſe,
But if a man be flegmatique (by kind)
It does his ſtomacke good, as ſome ſuppoſe.
For Oyntment iuice of *Onyons* is aſſign'd
To heads whoſe hayre fals faſter then it growes:
If *Onions* cannot helpe in ſuch miſhap,
A man muſt get him a *Gregorian* cap.
And if your hound by hap ſhould bite his maiſter,
VVith *Honey Rew*, and *Onions* make a plaiſter.

The ſeed of *Muſtard* is the ſmalleſt graine,
And yet the force thereof is very great,
It hath a preſent power to purge the braine,
It addes vnto the ſtomack force and heat:
All poyſon it expels, and it is plaine,
VVith ſugar tis a paſſing ſauce for meat.
She that hath hap a huſband bad to bury,
And is therefore in heart not ſad but merry:
yet if in ſhew good manners ſhe will keepe,
Onions and Muſtardſeed will make her weepe.

Though

Though *Violets* ſmell ſweet, *Nettles* offenſiue,
yet each in ſeuerall kind much good procure,
The firſt doth purge the heauy head and penſiue
Recouers ſurfets, Falling ſicknes cures:
Tho *Nettles* ſtinke, yet make they recompence,
If your bellie by the Collick paine indures:
Againſt the Collicke Nettle-ſeed and Hony,
Is Phiſicke: better none is had for money,
It breedeth ſleep, ſtaies vomites, fleams doth ſoften,
It helpes him of the Gowte that eates it often.

Cleane *Hyſop* is an Herb to purge and cleanſe,
Raw Flegmes, & hurtfull humors from the breſt,
the ſame vnto the lungs great comfort lends,
With Honey boyl'd: but farre aboue the reſt,
It giues good colour and complection mends,
And is therefore with women in requeſt:
VVith Honey mixt, *Cinquefoyle* cures the Canker,
That eats our inward parts with cruell ranker,
But mixt with Wine, it helpes a grieued ſide,
And ſtaies the vomit, and the laske beſide.

Elle-

Ellecompane ſtrengthens each inward part,
A little looſenes is thereby prouoken:
It ſwageth griefe of mind, it cheeres the heart,
Allayeth wrath, and makes a man fayr ſpoken:
And drunke with Rew in wine, it doeth impart,
Great helpe to thoſe that haue their bellies broke.
Let them that vnto choller much incline,
Drinke *Penny-royall* ſteeped in their wine,
And ſome affirme, that they haue found by tryall,
The pain of Gowt is cur'd by *Penny-royall*.

To tell all *Creſſes* vertues long it were,
But diuers patients vnto that are debter,
It helpes the teeth, it giues to bald men haire,
VVith Honny mixt, it *Ring-worme* kils & *Tettar*:
But let not women that would children beare,
Feed much thereof, for they to faſt were better.
An herbe there is takes of the ſwallowes name,
And by the Swallowes gets no little fame,
For *Pliny* writes (tho ſome thereof make doubt)
It helps yong Swallowes eyes, when they are out,

Greene

Greene Willow though in ſcorne it oft is vſ'd,
Yet ſome there are in it not ſcornfull parts,
It killeth wormes, the iuice in eares infus'd,
With Vineger: the barke deſtroieth warts.
But at one quality I much haue mus'd,
That addes and bates much of his good deſertes,
For writers old and new, both ours and forren,
Affirme the ſeede make women chaſt and barren.
Take Saffron if your heart make glad you will,
But not too much, for that the heart may kill.

Greene Leekes are good as ſome Phyſitians ſaye,
Yet would J chooſe, how ere J them beleeue,
To weare *Leekes* rather on Saint *Dauids* daye,
Then eat the Leekes vpon Saint *Dauids* Eue,
The bleeding at the noſe Leekes iuyce will ſtaye,
And women bearing children, much releeue,
℣ Blacke *Pepper* beaten groſſe you good ſhall find
If cold your ſtomacke be, or full of wind:
white *Pepper* helps the cough, & fleam it riddeth,
And *Agues* Fit to come it oft forbiddeth.

Our

Our *Hearing* is a choyce and dainty ſence,
And hard to mend, yet ſoone it may be mard,
Theſe are the things that breed it moſt offence,
to ſleep on ſtomacke full, and drinking hard:
Blowes, ſals, and noiſe, and faſting, violence,
Great heat, and ſudden cooling afterward:
All theſe as is by ſundry proofes appearing,
Breed tingling in our eares, and hurt our hearing:
then thinke it good aduice, not ydle talke,
that after ſupper bids vs ſtand or walke.

You heard before what is for hearing naught,
Now ſhall you ſee what hurtfull is for ſight:
Wine, women, bathes, by art or nature wrought,
Leeks, Onions Garlicke, Muſtard-ſeed, fire & light
Smoake, Bruiſes, duſt, *Pepper* to pouder bronght:
Beans, Lentils, ſtrains, Wind, Tears, & *Phœbus* bright
And all ſharpe things our eie-ſight do moleſt:
Yet watching hurts them more then all the reſt.
¶ Of *Fennell, Vervin, Kellidon, Roſes, Rew*,
Is water made, that will the ſight renew.

If in your teeth you hap to be tormented,
By meane ſome little wormes therein do breed,
Which paine (if heed be tane) may be preuented,
By keeping cleane your teeth, when as you feede,
Burne Francomſence, (a gum not euill ſented)
Put Hen-bane vnto this, and Onyon-ſeed,
And with a tunnell to the tooth that's hollow.
Conuey the ſmoake thereof, and eaſe ſhall follow.
¶ By nuts, Oyle, Eeles, and cold in head,
By apples and raw fruites is horcenes bred.

To ſhew you how to ſhun raw running Rheumes,
Exceede not much in meate, in drinke, and ſleepe,
For all exceſſe is cauſe of hurtfull fumes, [keepe
Eate warme, broath warme, ſtriue in your breath to
Vſe exerciſe, that Vapors ill conſumes,
Jn Northern winds abroad do neuer peepe.
¶ Jf *Fiſtula* do riſe in any part,
And ſo procure your danger, and your ſmarte,
take *Arſnicke* Brimſtone, mixt with lime and ſope
And make a Tent, and then of cure there's hope.

If

If ſo your head do paine you oft with aking,
Faire water, or ſmall beere drinke then or neuer,
So may you ſcape the burning fits and ſhaking
That wonted are to company the Feuer:
¶ If with much heat your head be in ill taking,
To rub your head and temples ſtill perſeuer,
And make a bath of Morrell (boyled warme)
And it ſhall keep your head from further harme.
¶ A Flix a dangerous euill is, and common,
In it ſhun cold, much drink, & ſtraines of women.

To faſt in ſummer doth the body dry,
Yet doth it good, if you thereto inure it,
Againſt a ſurfet vomiting to try,
Is remedy, but ſome cannot indure it:
yet ſome ſo much themſelues found help thereby,
they go to ſea a purpoſe to procure it.
¶ Four ſeaſons of the yeare there are in all,
The *Summer*, and the *Winter*, *Spring* and *Fall*:
In euery one of theſe, the rule of reaſon,
Bids keepe good dyet, ſuting euery ſeaſon.

The *Spring* is moiſt, of temper good and warme,
Then beſt it is to bath, to ſweat, and purge,
then may one ope a vaine in either arme,
Jf boyling bloud or feare of Agues vrge,
then Venus recreation doth no harme,
Yet may too much thereof turne to a ſcourge.
Jn Summers heate (when choller hath dominion)
Coole meats and moiſt are beſt in ſome opinion,
the *Fall* is like the *Spring*, but endeth coulder,
With wines and ſpice the winter may be boulder

Now if perhaps ſome haue deſire to know,
the number of our bones, our teeth our veines,
this verſe enſuing plainely doth it ſhew,
to him that to obſerue it taketh paines:
the teeth thriſe ten, and two twiſe eight a row,
Eleuenſcore bones ſaue one in vs remaines:
For veynes that all may vaine in vs appear:
A veine we haue for each day in the yeare:
All theſe are like in number and connexion,
the difference growes in bignes and complexi

Fo

Four *Humors* raigne within our bodies wholly,
And theſe compared to four Elements,
The *Sanguin*, *Choller*, *Flegme*, and *Melancholly*,
The later two are heauy, dull of ſence,
The tother are more Iouiall, quicke and Iolly,
And may be likened thus (without offence)
Like ayre both warme and moyſt, is *Sanguin* clear
Like fire doth *Choller* hot and dry appeare,
Like water, cold and moiſt is (Flegmatique)
the Melancholy cold, dry earth is like.

Complexions cannot vertue breed or vice,
Yet may they vnto both giue inclination,
the *Sanguin* gameſome is, and nothing nice,
Loues wine and women, and all recreation,
Likes pleaſant tales, and newes, playes cardes and dice,
Fit for all company, and euery faſhion:
though bold, not apt to take offence, nor irefull,
But bountifull and kind, and looking chearfull:
Inclining to be fat, and prone to lafter, (after,
Loues myrth, and Muſicke, cares not what comes

Sharpe *Choller is* an humour moſt pernitious,
All violent, and fierce, and full of fire,
Of quick conceit, and therewithall ambitious,
Their thoughts to greater fortunes ſtill aſpyre,
Proud, bountifull enough, yet oft malitious,
A right bold ſpeaker, and as bold a lyer,
On little cauſe to anger great inclin'd,
Much eating ſtill, yet euer looking pin'd;
In younger yeares they vſe to grow apace,
In Elder hayry on their breaſt and face.

The *Flegmatique* are moſt of no great growth,
Inclining rather to be fat and ſquare,
Giuen much vnto their eaſe, to reſt and ſloth,
Content in knowledge to take little ſhare,
To put themſelues to any paine moſt loth,
So dead their ſpirits, ſo dull their ſences are:
Still either ſitting like to folke that dreame,
Or elſe ſtill ſpitting, to auoid the flegme,
One quality doth yet theſe harmes repayre,
That for moſt part the *Flegmatique* are fayre.

The *Melancholie* from the reſt do varry,
Both ſport and eaſe;and company refuſing,
Exceeding ſtudious,euer ſollitary,
Inclining penſiue ſtill to bee,and muſing,
A ſecret hate to others apt to carry:
Moſt conſtant in his choiſe,tho long a chooſing.
Extreame in loue ſometime,yet ſeldome luſtfull,
*S*uſpicious in his natnre,and miſtruſtfull.
A wary wit ,a hand much giuen to ſparing,
A heauy looke,a ſpirit little daring.

Now though we giue theſe humors ſeueral names,
yet all men are of all participant,
But all haue not in quantity the ſame,
For ſome(*in ſome*)are more predominant,
The colour ſhewes from whence it lightly came,
Or whether they haue bloud too much or want,
The watry flegmatique are fayre and white,
The Sanguin roſes ioynd to lillies bright,
The Collericke more red;the Melancholy,
Alluding to their name are ſwart and colly.

If *Sanguin* humor do too much abound,
Theſe ſignes will be thereof appearing cheeſe,
The face will ſwell the cheeks grow red & round
With ſtaring eies, the pulſe beate ſoft and breeſe,
The veines exceed, the belly will be bound,
The temples, and the fore-head full of grieſe,
Vnquiet ſleeps, that ſo ſtrange dreames will make:
to cauſe one bluſh to tell when he doth wake:
Beſides the moyſture of the mouth and ſpittle,
Will taſt too ſweet, and ſeeme the throte to tickle.

If *Choller* do exceed, as may ſometime,
your eares will ring and make you to be wakefull,
your tongue will ſeeme all rough, and oftentimes
Cauſe vomits, vnaccuſtomed and hatefull,
Great thirſt, your excrements are full of ſlime,
the ſtomack ſqueamiſh, ſuſtenance vngratefull,
your appetite will ſeeme in nought delighting,
your hart ſtill greeued with continuall byting,
the pulſe beate hard and ſwift, all hot, extreame,
your ſpittle ſoure, of fire-worke oft your dreame.

If

If *Flegme* aboundance haue due limits paſt,
theſe ſignes are here ſet downe wil plainely ſhew
the mouth will ſeeme to you quite out of taſt:
And apt with moyſture ſtill to ouerflow:
your ſides will ſeem all ſore down to the waſt,
your meate wax loathſome, your diſgeſtion ſlow,
your head and ſtomack both in ſo ill taking,
One ſeeming euer griping, tother aking:
With empty veines, the pulſe beate ſlow and ſoft,
In ſleepe, of Seas and Ryuers dreaming oft.

But if that dangerous humor ouer-raigne,
Of Melancholy, ſometime making mad,
theſe tokens then will be appearing plaine;
the pulſe beat hard, the colour dark and bad:
the water thin, a weake fantaſticke braine,
Falſe-grounded-ioy, or elſe perpetuall ſad,
Affrighted oftentimes with dreames like viſions,
Preſenting to the thought ill apparitions,
Of bitter belches from the ſtomack comming,
His eare (the left eſpeciall) euer humming.

Againſt

Againſt theſe ſeuerall humors ouerflowing,
As ſeuerall kinds of Phiſicke may be good,
As diet-drink, not baths, whence ſweat is growing
With purging, vomiting, and letting blood:
Which taken, in due time, nor ouerflowing,
Each Malladies infection is withſtood,
The laſt of theſe is beſt, if skill and reaſon.
Reſpect age, ſtrength, quantity, and ſeaſon;
Of ſeuenty from ſeuenteene, if blood abouud,
The opening of a vaine is healthfull found.

Of *Bleeding* may profits grow, and great,
the ſpirits and ſences are renewed thereby,
thogh theſe mend ſlowly by the ſtrength of meate
But theſe with wine reſtor'd are by and by:
By bleeding to the marrow commeth heate,
It maketh cleane your braine, releeues your eie,
It mends your appetite, reſtoreth ſleepe,
Correcting humors that do waking keep:
All inward parts and ſences alſo clearing,
It mends the voice, touch, ſmell, and taſt, & hearing

Three ſpeciall Months, September, Aprill, May,
There are in which tis good to ope a vain,
In theſe 3. months the Moon beares greateſt ſway,
Then old or young, that ſtore of bloud containe,
May bleed now, though ſome elder wizards ſay,
Some daies are ill in theſe, I hold it vaine;
September, Aprill, May, haue daies a peece,
That bleeding do forbid, and eating Geeſe,
And thoſe are they forſooth of May the firſt,
Of tother two, the laſt of each are woiſt.

But yet thoſe daies I graunt, and all the reſt,
Haue in ſome caſes iuſt impediment,
As firſt, if nature be with cold oppreſt,
Or if the Region, Ile, or Continent
Do ſcorch or freez, if ſtomack meat deteſt;
If *Baths*, or Venus, late you did frequent,
Nor old, nor young, nor drinkers great are fit,
Nor in long ſicknes, nor in raging fit.
Or in this caſe if you will venture bleeding
the quantity muſt then be moſt exceeding.

When

When you to bleed intend, you muſt prepare
Some needfull things both after and before,
Warme water and ſweet oyle, both needfull are,
And wine the fainting ſpirits to reſtore:
Fine binding cloths of linnen, and beware,
That all the morning you do ſleepe no more;
Some gentle motion helpeth after bleeding,
and on light meats a ſpare and temperate feeding;
To bleed, doth cheare the penſiue, and remoue
The raging furies bred by burning loue.

Make your inciſion large and not to deep,
that bloud haue ſpeedy yſſue with the fume,
So that from ſinnews you all hurt do keep,
Nor may you (as I toucht before preſume)
In ſix enſuing houres at all to ſleepe,
Leſt ſome ſlight bruiſe in ſleepe cauſe an apoſtume
Eat not of milke, nor ought of milk compounded,
Nor let your brain with much drink be cõfoũded;
Eat no cold meats, for ſuch the ſtrength impayre,
and ſhun all miſty and vnwholſome ayre,

Beſides

Beſides the former rules for ſuch as pleaſes,
Of letting bloud to take more obſeruation,
Know in beginning of all ſharpe diſeaſes,
Tis counted beſt to make euacuation:
To old, to young, both letting bloud diſpleaſes,
By yeares and ſicknes make your computation,
Firſt in the Spring for quantity you ſhall,
Of bloud take twice as much as in the fall:
In Spring and Summer let the right arme bloud,
The Fall and Winter for the left are good.

The *Hart* and *Lyuer*, ſpring & ſummers bleeding
The fall and winter, hand and foot doth mend,
One veine cut in the hand doth helpe exceeding,
Vnto the ſpleene, voice, breſt, and Jntrailes lend:
And ſwages griefes that in the heart are breeding,
But here the *Salerne Schoole* doth make an end:
And here I ceaſe to write, but will not ceaſe
To wiſh you liue in health, and die in peace:
And ye our Phyſicke rules that friendly read,
God grant that Phyſicke you may neuer neede.

FINIS.

5 AP 58